

City of Grapevine

Spring 2008 Ultimate Rules

Official Rules:

I. SPIRIT OF THE GAME

Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

II. Length of Game

- A. Games will be played to 17 points or to Time Cap.
- B. A five –(5) minute half time will be observed once the leading team reaches 10 points.
- C. Soft Cap: After 1 hour and 30 minutes of play, the horn will blow for the soft cap warning. At that point if the teams are still playing, add two to the highest score. Teams will play to that new limit or 15, whichever is lower.
- D. Hard Cap: After 1 hour and 45 minutes of play, the horn will blow again for the hard cap. The point being played is finished, and the team leading at that point wins. If it is tied, there is one final point played.

III. Playing Rules

- A. Timeouts: there will be 1 timeout per team half, plus one floater.
- B. Initiate Play: each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense.
- C. Scoring: Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
- D. Movement of the Disc: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.
- E. Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception) the defense immediately takes possession of the disc and becomes the offense.
- F. Substitutions: Players not in the game may replace players in the game after a score and during an injury timeout.
- G. Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- H. Fouls: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- I. Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes.
- J. Player can only be listed on one roster and can not play on another team without the consent of the opposing team’s manager.
- K. Co-ed a max of 5 men/2 women minimum on the field.

- IV. Post season Tournament – Single Elimination with a 3rd place game. (Play to 11 or a 50 minute hard cap for the 1st and 2nd round. For the championship and 3rd place games, play to 15 or an 1 hour and 30 minute hardcap.**
- V. For additional clarification you can check out www.upa.org.**